



Hot Weather Training Tips

- **Make sure to drink plenty of water before, during and after the event. Do not wait until you are thirsty to drink....by then it is too late**
- **Wear light weight and light colored clothing**
- **If it is very hot and you are feeling uncomfortable.... Slow Down.... Walk**
- **If you feel faint, please seek medical attention**
- **The Medical Tent will be located adjacent to the Finish Line in parking Field 5. There will also be medical assistance along the course**